

# Shipston Therapy Centre

Autumn 2013

It's been a busy time at Shipston Therapy Centre.....



Brigitte Nix, Kate Zuill and Carol Fieldhouse have been running Saturday information sessions with themes such as digestion, migraines and poor sleep. Those who attended said they valued the opportunity to discuss how the different therapies might help according to their individual needs.



Ludmila Enticott has built a good reputation for improving the health of her clients. Nutrition is a fundamental component to good health and it's inspiring to see how changes can have a profound, positive effect on people's lives. No matter what else you do for yourself ensure your nutritional intake is suitable for you. It can be tempting to take short cuts but professional guidance, such as Ludmila offers, can be vital to your long term health and vitality.



The Summer brought in many sports injuries and massage therapist and hypnotherapist Nick Hall has helped many to recover and get back to the playing field or track as soon as possible.

McTimoney Chiropractors Bronwen Hurley and Emma Bexson have also got people out of trouble; sciatica being a common complaint they help alleviate.



It is increasingly evident that many complementary therapies aim to attend to the cause of ill health which in turn means more than one symptom may be helped at the same time. For example, it's not unusual to treat someone with a number of musculoskeletal complaints including hip pain, frozen shoulders, low backache and an arthritic knee. One such case received a Bowen treatment after which the hip pain almost cleared completely, shoulder pain reduced and movement increased by about 50%, the backache settled to a 'niggle' and the knee pain and inflammation both decreased significantly.

A doctor friend expressed surprise that all these symptoms could improve after just one treatment in contrast to her experience of a 'conventional' approach. A significant benefit for this person is better sleep because of not being woken by the various pains in the night.

There is an interesting article on Bowen in September's Saga magazine. See <http://www.saga.co.uk/saga-magazine/2013/september/bowen-technique.aspx> or ask us for a copy.

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It is not unusual for a client to visit us whose condition remains without a formal diagnosis yet the often debilitating effects persist. This is where a different approach can sometimes yield results. For example, Acupuncture and Reflexology utilise the century's old system of meridians, or energy pathways, to assess where the problem is. The body has the answer and often it just needs the opportunity of being 'listened' to. A practitioner can identify where the disruption is and set about clearing it.

Reflexologist Angela Way has a long term reputation for helping with numerous health issues. Victoria Stockton is an acupuncturist whose dedication and great attention to detail proves a successful combination for her client's health and well-being.

#### Research:

A recent article in the [British Medical Journal](#) reported that acupuncture in conjunction with 'normal care' for depression accelerated the improvement in comparison to just 'normal care.' Patients receiving only the latter approach caught up with the progress of the acupuncture group after 9 months.

## *'You are invited'*

Peta Davies of the Pilates Place in Shipston has kindly invited Brigitte Nix and Martin Grasby to present the Bowen Technique, Dorn method, NLP and Hypnosis in Peta's lovely studio on Thursday 21st November starting at 6.30.

We hear there are always great refreshments at Peta's events.

Contact us if you would like to reserve a place.

If you would like to find out more about how we may be able to help you live a more fulfilling life please contact reception. Most practitioners are happy to offer you a free 15 minute, no obligation consultation.

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